


## Religious, Spiritual and Cultural Groups and Resources

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### ALTERNATIVE SPIRITUAL PRACTICES

#### **CENTRE FOR CONSCIOUS LIVING**

 **416-778-5433**

**1311 Queen Street East, Toronto, Ontario M4L 1C2**

Inclusive spiritual community. Teaches Science of Mind principles.


Celebration: 10AM and 12PM

Meditation: 11:30AM

 [www.cfcl.ca](http://www.cfcl.ca)

e-mail: [info@cfcl.ca](mailto:info@cfcl.ca)

#### **RUAH**

 **416-459-0912**

**765 Queen Street East, Toronto, Ontario M4M 1H3 (Ralph Thornton Centre)**

Inclusive. Social justice and spiritual growth focus.

Weekly creation theology meeting: Sunday, 10:30AM

 [www.ruahtoronto.org](http://www.ruahtoronto.org)

e-mail: [info@ruahtoronto.org](mailto:info@ruahtoronto.org)

#### **TORONTO RADICAL FAERIES EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/groups/TorontoRadicalFaeries](http://groups.yahoo.com/groups/TorontoRadicalFaeries)

e-mail: [TorontoRadicalFaeries-subscribe@yahoogroups.com](mailto:TorontoRadicalFaeries-subscribe@yahoogroups.com)

### BUDDHIST

#### **BUDDHIST PRACTICE GROUP (FIRST UNITARIAN CONGREGATION OF TORONTO)**

**175 St. Clair Avenue West, Toronto, Ontario M4V 1P7**

LGBT-positive. Retreats, workshops, guest Dharma teachers.

 [www.firstunitariantoronto.org](http://www.firstunitariantoronto.org)

Tuesday Buddhist Practice Group & Saturday Buddhist Retreats:

 **905-770-5466**


e-mail: [murrayscott1@sympatico.ca](mailto:murrayscott1@sympatico.ca)

Wednesday Buddhist Practice Group:

 **416-466-2405 (David Sells)**

e-mail: [dsells@gmail.com](mailto:dsells@gmail.com)

#### **DHARMA FRIENDS**

 **416-935-1759 (Joseph)**

**117 Mutual Street, 2<sup>nd</sup> Floor, Toronto, Ontario M5B 2P6 (Code: 270)**

Weekly LGBTTO meditation group. Zen, Tibetan and Theravadan. Non-Buddhists welcome, all experience levels. Speakers, retreats.

 [www.web.net/~qdharma](http://www.web.net/~qdharma)

e-mail: [qdharma@web.ca](mailto:qdharma@web.ca)


**LESBIAN BUDDHIST E-SANGHA**

Online Sangha for lesbian, bisexual and transgender Buddhists. Send blank email to join.

 [groups.yahoo.com/groups/Lesbian-Buddhist-eSangha](http://groups.yahoo.com/groups/Lesbian-Buddhist-eSangha)

e-mail: [Lesbian-Buddhist-eSangha-subscribe@yahoogroups.com](mailto:Lesbian-Buddhist-eSangha-subscribe@yahoogroups.com)  
[candacevan@direcway.com](mailto:candacevan@direcway.com) (Candace)

**TORONTO SHAMBHALA RAINBOW MEDITATION GROUP**

 **416-588-6465**

**670 Bloor Street West, Suite 300, Toronto, Ontario M6G 1L2**

LGBT-friendly. Tibetan Buddhist teachings (Kagyu and Nyingma traditions).

 [toronto.shambhala.org](http://toronto.shambhala.org)

e-mail: [toronto@shambhala.org](mailto:toronto@shambhala.org)

**CHRISTIAN - ANGLICAN**

**CHURCH OF THE REDEEMER**

 **416-922-4948** Free Phone: 1-866-329-2365


**162 Bloor Street West, Toronto, Ontario M5S 1M4**

Inclusive congregation. Celebrating diversity.

 [www.theredeemer.ca](http://www.theredeemer.ca)

e-mail: [office@theredeemer.ca](mailto:office@theredeemer.ca)

**CHURCH OF THE HOLY TRINITY**

 **416-598-4521**

**10 Trinity Square, Toronto, Ontario M5G 1B1**

Inclusive congregation. Performs same-sex blessings and marriage. Social justice focus.


Weekly services:

Sun: 10:30AM, 2PM

Wed: 12:15PM

 [www.holytrinitytoronto.org](http://www.holytrinitytoronto.org)

**ST. SIMON-THE-APOSTLE ANGLICAN CHURCH**

 **416-598-4521**

**525 Bloor Street East, Toronto, Ontario M4W 1J1**

Inclusive congregation.

Weekly services:


Sun: 10:30AM, 2PM

Wed: 12:15PM

 [www.stsimons.ca](http://www.stsimons.ca)

e-mail: [office@stsimons.ca](mailto:office@stsimons.ca)

**THE GAYS, LESBIANS AND FRIENDS GROUP (THE CATHEDRAL CHURCH OF ST. JAMES)**


 **416-364-7865 (Steve O'Brien)**  
**65 Church Street, Toronto, Ontario M5C 2E9**

Gay and lesbian discussion and support group embracing Christian spirituality. Contact or visit website for meeting information. Meetings held in Parish House, immediately north of Cathedral.

 [www.stjamescathedral.on.ca](http://www.stjamescathedral.on.ca)  
e-mail: [info@stjamescathedral.on.ca](mailto:info@stjamescathedral.on.ca)

**CHRISTIAN - CATHOLIC**

**DIGNITY TORONTO DIGNITE**

 **416-925-XTRA (9872) Ext. 2001**

**175 Windermere Avenue, Toronto, Ontario M6S 3J8 (mailing address)**

Organization for LGBT Roman Catholics. Seeks reform of the church's teachings and leadership on sexuality.

Monthly meeting for mass discussion:  
4<sup>th</sup> Saturday of the month, 7PM

Our Lady of Lourdes Church, 520 Sherbourne Street, Toronto, Ontario M4X 1K8

 [www.dignitycanada.org](http://www.dignitycanada.org)  
e-mail: [info@dignitycanada.org](mailto:info@dignitycanada.org)  
[miheu@uniserve.com](mailto:miheu@uniserve.com) (Mike)

**CHRISTIAN - LUTHERAN**

**LUTHERANS CONCERNED TORONTO**

**522 Milverton Boulevard, Toronto, Ontario M4C 1X5**

Organization working towards full inclusion of LGBT people in the Lutheran Church and congregations.

 [www.lcna.org](http://www.lcna.org)  
e-mail: [lctoronto@lcna.org](mailto:lctoronto@lcna.org)

**CHRISTIAN – MCC**

**CHRISTOS METROPOLITAN COMMUNITY CHURCH**

 **416-435-1211**


**427 Bloor Street West, Toronto, Ontario M5S 1X8 (Chapel at Trinity St. Paul's United Centre)**

LGBT congregation, social justice focus. Usually has an ASL interpreter.

Worship: Sundays, 7PM

 [www.christosmcc.com](http://www.christosmcc.com)  
e-mail: [ChristosMCC@hotmail.com](mailto:ChristosMCC@hotmail.com)

**METROPOLITAN COMMUNITY CHURCH OF TORONTO**

 **416-406-6228**

**115 Simpson Avenue, Toronto, Ontario M4K 1A1**

Inclusive, multicultural congregation. Majority of congregation is LGBT. CommunityCARE home hospice program, Bereavement Support, Relationship Break Up Support, Blue Christmas, Telephone Support, Home & Hospital Visitation, Caring

for Aging Parents. Seminars and workshops: Men's Coming Out, Women's Coming Out, Self Esteem, Legal Issues for Lesbian and Gay People, Leadership Development.

 [www.mcctoronto.com](http://www.mcctoronto.com)

## **CHRISTIAN - UNITED**

### **AFFIRM UNITED**

**P.O. Box 57057, Somerset Station, Ottawa, ON K1R 1A1**

Organization working towards full inclusion of LGBT people in The United Church of Canada.

 [www.affirmunited.ca](http://www.affirmunited.ca)

e-mail: [affirmunited@affirmunited.ca](mailto:affirmunited@affirmunited.ca)

### **BATHURST UNITED CHURCH**

 **416-921-4967**

**427 Bloor Street West, Toronto, Ontario M5S 1X7**

Affirming Congregation. Non-traditional service. Social justice focus. Minister teaches Queering Religion university course.

 [www.bathurstunited.ca](http://www.bathurstunited.ca)

e-mail: [rwushke@rogers.com](mailto:rwushke@rogers.com) (The Reverend Ralph Wushke)  
[francesmcombs@hotmail.com](mailto:francesmcombs@hotmail.com) (Frances Combs)

### **BLOOR STREET UNITED CHURCH**

 **416-924-7439**

**300 Bloor Street West, Toronto, Ontario M5S 1W3**

Affirming Congregation.

 [www.bloorstreetunited.org](http://www.bloorstreetunited.org)

### **EMMANUEL-HOWARD PARK UNITED CHURCH**

 **416-536-1755**


**214 Wright Avenue, Toronto, Ontario M6R 1L3**

Affirming Congregation. Social justice focus.

 [www.ehpchurch.org](http://www.ehpchurch.org)

e-mail: [hwrdrpk@bellnet.ca](mailto:hwrdrpk@bellnet.ca)

### **GLEN RHODES UNITED CHURCH**

 **416-465-3755**

**1470 Gerrard Street East, Toronto, Ontario M4L 2A3**

Affirming Congregation.


Office Hours:

Mon-Fri: 9AM-12 Noon

 [www.glenrhodesunitedchurch.ca](http://www.glenrhodesunitedchurch.ca)

e-mail: [glenrhodesunited@bellnet.ca](mailto:glenrhodesunited@bellnet.ca)

### **METROPOLITAN UNITED CHURCH**

 **416-363-0331**

**56 Queen Street East, Toronto, Ontario M5C 2Z3**

Affirming Congregation. Progressive, social justice focus, outreach programs and services.

 [www.metunited.org](http://www.metunited.org)

### **PARKDALE UNITED CHURCH**



**416-532-4775**

**1470 Gerrard Street East, Toronto, Ontario M4L 2A3**

Inclusive congregation. Spiritual counseling. Performs LGBT marriages and funeral ceremonies.



[www.parkdaleunitedchurch.com](http://www.parkdaleunitedchurch.com)

e-mail: [minister@phoenixplace.com](mailto:minister@phoenixplace.com)

### **TRINITY-ST. PAUL'S UNITED CHURCH**



**416-922-8435**

**427 Bloor Street West, Toronto, Ontario M5S 1X7**

Affirming Congregation. Social justice focus.



[www.tspucc.org](http://www.tspucc.org)

e-mail: [tsp@on.aibn.com](mailto:tsp@on.aibn.com)

## **JEWISH**

### **DANFORTH JEWISH CIRCLE**



**416-825-7431**

**310 Danforth Avenue, Toronto, Ontario M4K 1N6**

Open and accepting congregation. Many LGBT participants.



[www.djctoronto.com](http://www.djctoronto.com)

e-mail: [info@djctoronto.com](mailto:info@djctoronto.com)

### **HOLY BLOSSOM TEMPLE**



**416-789-3291**

**1950 Bathurst Street, Toronto, Ontario M5P 3K9**

Open and accepting congregation.



[www.holyblossom.org](http://www.holyblossom.org)

e-mail: [templemail@holyblossom.org](mailto:templemail@holyblossom.org)

### **KULANU**

Jewish LGBTQ social group. Primarily students but all are welcome.

Weekly LGBTQ Support Group: Tuesday, 6-8PM



**416-961-9344 Ext. 806 (Nurit Adler)**

**750 Spadina Avenue, Toronto, Ontario M5S 2J2**



[www.kulanutoronto.ca](http://www.kulanutoronto.ca)

e-mail: [kulanutoronto@yahoo.ca](mailto:kulanutoronto@yahoo.ca)

### **SHIR LIBEYNU CONGREGATION**



**416-465-5488**


Liberal, egalitarian and inclusive congregation. Meets downtown near Spadina.



[www.shirlibeynu.ca](http://www.shirlibeynu.ca)

e-mail: [shirlibeynu@yahoo.ca](mailto:shirlibeynu@yahoo.ca)

### **TEMPLE EMANU-EL**

 **416-449-3880**

**120 Old Colony Road, North York, Ontario M2L 2K2**

Open and accepting congregation. Will perform same-sex marriages.

Office Hours:

Mon-Thu: 9AM-5PM

Fri: 9AM-3:30PM

 [www.templemanuel.ca](http://www.templemanuel.ca)

e-mail: [admin@temmanuel.com](mailto:admin@temmanuel.com)

### **TEMPLE SINAI**

 **416-487-4161**

**120 Wilson Avenue, Toronto, Ontario M5M 3B1**

Open congregation.

 [www.templesinai.net](http://www.templesinai.net)

### **WINCHEVSKY CENTRE**

 **416-789-5502**

**585 Cranbrooke Avenue, Toronto, Ontario M6A 2X9**

Inclusive, progressive secular Jewish community centre. Cultural and educational programs, secular celebrations of Jewish holidays, lectures, forums, social justice focus..

 [www.winchevskycentre.org](http://www.winchevskycentre.org)

e-mail: [mws@on.aibn.com](mailto:mws@on.aibn.com)

## **MENNONITE**

### **BRENTHREN MENNONITE COUNCIL ONTARIO**

**P.O. Box 57032, Jackson Station, 2 King Street West, Hamilton, Ontario L8P 4W9**


Ontario chapter of the Brethren Mennonite Council for Gay, Lesbian, Bisexual and Transgender Concern. Support events, education, advocacy, socializing. Annual winter retreat. Parents of LGBT people may contact The Parent Support Group.

 [www.geocities.com/bmcontario](http://www.geocities.com/bmcontario)

e-mail: [bmcontario@yahoo.com](mailto:bmcontario@yahoo.com)

## **MUSLIM**

### **SALAAM: THE QUEER MUSLIM COMMUNITY OF TORONTO**

 **416-925-XTRA (9872) Ext. 2209**

**519 Church Street, Toronto, Ontario M4Y 2C9 (The 519 Community Centre)**

Muslim LGBTTO organization.


General Meeting:

2<sup>nd</sup> Tuesday of every month: 8-10PM

 [www.salaamcanada.com](http://www.salaamcanada.com)

e-mail: [salaam@salaamcanada.com](mailto:salaam@salaamcanada.com)

### **CANADIAN MUSLIM UNION**

 **416-558-4777 (Arif Raza)**

Works with and within the Muslim community, engaging in issues of human rights, human dignity, social justice and alternate progressive and inclusive visions of Islam. Welcomes both Muslims and non-Muslims who have ties with Muslim communities.


 [www.muslimunion.ca](http://www.muslimunion.ca)  
e-mail: [secretary@muslimunion.ca](mailto:secretary@muslimunion.ca)

### **NOOR CULTURAL CENTRE**

 **416-444-7148**


**123 Wynford Drive, Toronto, Ontario M3C 1K1**

Welcoming, non-sectarian space for Muslims. Educational, cultural, religious and social/community programming.

 [www.noorculturalcentre.ca](http://www.noorculturalcentre.ca)  
e-mail: [salaam@salaamcanada.com](mailto:salaam@salaamcanada.com)


### **BISEXUAL MUSLIMS EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/bisexualmuslims](http://groups.yahoo.com/group/bisexualmuslims)  
e-mail: [bisexualmuslims-subscribe@yahoogleroups.com](mailto:bisexualmuslims-subscribe@yahoogleroups.com)


### **LESBIAN MUSLIMS EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/lesbianmuslims](http://groups.yahoo.com/group/lesbianmuslims)  
e-mail: [lesbianmuslims-subscribe@yahoogleroups.com](mailto:lesbianmuslims-subscribe@yahoogleroups.com)


### **LGBT MUSLIM EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/lgbtmuslim](http://groups.yahoo.com/group/lgbtmuslim)  
e-mail: [lgbtmuslim-subscribe@yahoogleroups.com](mailto:lgbtmuslim-subscribe@yahoogleroups.com)

### **LGBTQ MUSLIM YOUTH EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/lgbtqmuslimyouth](http://groups.yahoo.com/group/lgbtqmuslimyouth)  
e-mail: [lgbtqmuslimyouth-subscribe@yahoogleroups.com](mailto:lgbtqmuslimyouth-subscribe@yahoogleroups.com)

### **LGBTQ MUSLIM CONVERTS EMAIL DISCUSSION GROUP**

Send blank email to join.


 [groups.yahoo.com/group/lgbtqmuslimconverts](http://groups.yahoo.com/group/lgbtqmuslimconverts)  
e-mail: [lgbtqmuslimconverts-subscribe@yahoogleroups.com](mailto:lgbtqmuslimconverts-subscribe@yahoogleroups.com)

### **MUSLIM GAY MEN EMAIL DISCUSSION GROUP**


Send blank email to join.

 [groups.yahoo.com/group/muslimgaymen](http://groups.yahoo.com/group/muslimgaymen)  
e-mail: [muslimgaymen-subscribe@yahoogleroups.com](mailto:muslimgaymen-subscribe@yahoogleroups.com)

### **OUT AND PROUD**

 **416-924-4640 Ext. 2986/2987**

Contact for LGBT-accepting Muslim mosques.

 [www.torontocas.ca/category/out-and-proud](http://www.torontocas.ca/category/out-and-proud)  
e-mail: [outandproud@torontocas.ca](mailto:outandproud@torontocas.ca)


### **PARTNERS OF LGBT MUSLIMS EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/partnersoflgbtmuslims](http://groups.yahoo.com/group/partnersoflgbtmuslims)  
e-mail: [partnersoflgbtmuslims-subscribe@yahoogroups.com](mailto:partnersoflgbtmuslims-subscribe@yahoogroups.com)


### **QUEER JIHAD EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/queerjihad](http://groups.yahoo.com/group/queerjihad)  
e-mail: [queerjihad-subscribe@yahoogroups.com](mailto:queerjihad-subscribe@yahoogroups.com)


### **TRANSGENDER MUSLIMS EMAIL DISCUSSION GROUP**

Send blank email to join.

 [groups.yahoo.com/group/transmuslims](http://groups.yahoo.com/group/transmuslims)  
e-mail: [transmuslims-subscribe@yahoogroups.com](mailto:transmuslims-subscribe@yahoogroups.com)

## **UNITARIAN**

### **FIRST UNITARIAN CONGREGATION**

 **416-924-9655**  
**175 St. Clair Avenue West, Toronto, Ontario M4V 1P7**  
Inclusive congregation.

Queer Focus Living in Spirit Group:


2<sup>nd</sup> Sunday of the month: 6:30AM-8:30PM

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: 11:00AM-12:30AM

Contact T'Hayla Ferguson at 416-928-2291 or Ilene Cummings at 416-651-2955


 [www.firstunitariantoronto.org](http://www.firstunitariantoronto.org)  
e-mail: [administrator@firstunitariantoronto.org](mailto:administrator@firstunitariantoronto.org)

### **NEIGHBOURHOOD UNITARIAN UNIVERSALIST CONGREGATION**

 **416-686-6809**  
**79 Hiawatha Road, Toronto, Ontario M4L 2X7**  
Inclusive, liberal religious community. First openly gay minister. Performs same-sex marriages.

 [www.nuuc.ca](http://www.nuuc.ca)  
e-mail: [office@nuuca.ca](mailto:office@nuuca.ca)

### **UNITED FELLOWSHIP OF NORTHWEST TORONTO**

 **416-249-8769**  
**55 St. Phillips Road, Etobicoke, Ontario M9P 2N8**  
Inclusive, liberal congregation.

Weekly services:

Sun: 10:30AM

 [unitarian.homestead.com](http://unitarian.homestead.com)  
e-mail: [ufnwt@bellnet.ca](mailto:ufnwt@bellnet.ca)

## YOGA

### YOGA (PEOPLE WITH AIDS TORONTO)



416-506-1400

399 Church Street, 2<sup>nd</sup> Floor, Toronto, Ontario M5B 2J6

Yoga for people living with HIV/AIDS.



[www.pwatoronto.org/healthPromo.html](http://www.pwatoronto.org/healthPromo.html)

e-mail: [info@pwatoronto.org](mailto:info@pwatoronto.org)

[kborden@pwatoronto.org](mailto:kborden@pwatoronto.org) (Kevin Borden, Programs Coordinator)

## LANGUAGE & CULTURE

### ARABIC GLBT SUPPORT GROUOP



416-925-9872 Ext. 2227

508 King Street East, Studio 18, Toronto, Ontario M5A 1M3

Support group for Arabs who originate from the Middle East and Africa and who are gay, lesbian, bisexual, transsexual or transgendered.

e-mail: [arabicglbtgroup@hotmail.com](mailto:arabicglbtgroup@hotmail.com)

### ARCO-IRIS: PORTUGESE SPEAKING LGB ASSOCIATION



416-823-6217

Support, anti-homophobia and social support group for Portuguese-speaking lesbians, gay men and bisexuals.

e-mail: [acores1@sympatico.ca](mailto:acores1@sympatico.ca)

### DEAF OUTREACH PROGRAMME



TTY: 416-513-1893 (Kevin Canning, Health Advocate)

519 Church Street, Toronto, Ontario M4Y 2C9

Interpretation and advocacy for deaf people with HIV. Workshops on HIV/AIDS and deaf culture. An Ontario Association of the Deaf project.

Meetings:

4<sup>th</sup> Wednesday of month: 8-10PM



[www.deafontario.ca/dop/](http://www.deafontario.ca/dop/)

e-mail: [oad@on.aibn.com](mailto:oad@on.aibn.com)

### FRANCOQUEER



416-214-4862

508 King Street East, Studio 18, Toronto, Ontario M5A 1M3

LGBTQ organization for French-speaking/francophile people. Organizes social evenings.

Meetings:

1<sup>st</sup> Thursday of month: 5:30-9PM, \$5 suggested donation

LUB Lounge, 487 Church Street, Toronto, Ontario M4Y 2C6



[www.francoqueer.ca](http://www.francoqueer.ca)

e-mail: [info@francoqueer.ca](mailto:info@francoqueer.ca)

### GAYS LESBIANS OF AFRICAN DESCENT




416-760-5956

**519 Church Street, Toronto, Ontario M4Y 2C9**

Social spaces for LGBTTO East and Southeast Asian Youth and their friends.

 [www.gladtoronto.com](http://www.gladtoronto.com)  
e-mail: [info@gladtoronto.com](mailto:info@gladtoronto.com)

**HOLA! LATINO/LATINA GAY GROUP**


 **416-925-9872 Ext. 2850**

**519 Church Street, Toronto, Ontario M4Y 2C9**


Information, support, social and cultural activities for gays and lesbians of Latin American descent.

Meetings:

1<sup>st</sup> & 3<sup>rd</sup> Thursday of month: 8-10PM

 [www.the519.org](http://www.the519.org)  
e-mail: [grouplatinogayhola@yahoo.ca](mailto:grouplatinogayhola@yahoo.ca)

**POLISH GAY & LESBIAN ASSOCIATION**

 **416-925-9872 Ext. 2091**

**519 Church Street, Toronto, Ontario M4Y 2C9**


Support, networking and fundraising for Polish gays and lesbians in Canada and Poland.

**QUEER ASIAN YOUTH**

 **416-963-4300 Ext. 29**

**33 Isabella Street, Suite 107, Toronto, Ontario M4Y 2P7 (Asian Community AIDS Services)**

Social spaces for LGBTTO East and Southeast Asian Youth and their friends.

 [www.gay.ca](http://www.gay.ca)  
e-mail: [youth@acas.org](mailto:youth@acas.org)

**UKRANIAN LESBIAN AND GAY ASSOCIATION**

 **905-703-0152**

Community-based organization for lesbians and gays of Ukranian background and their partners and friends. Contact for details.

e-mail: [president@ugla.org](mailto:president@ugla.org)